

2017 Region IX Preseason Scrimmage

Hosted by Laramie County CC

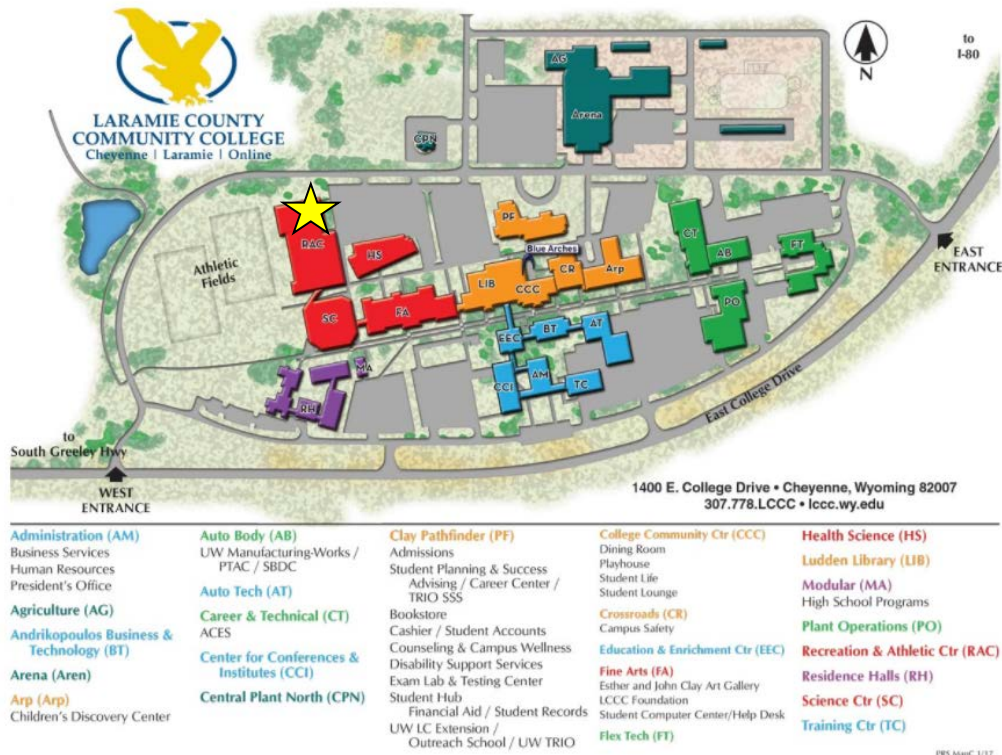
Friday – August 18th, 2017

Schedule: All matches will be two sets only played to 25 points, with two 45 second timeouts per set. Please have libero in an opposite colored shirt/uniform. Each team will play four matches.

<u>Time</u>	<u>Court #1</u>	<u>Court #2</u>
12:00 PM	LCCC vs NJC	EWC vs WWCC
1:00 PM	LCCC vs EWC	NJC vs CWC
2:00 PM	WWCC vs CWC	EWC vs NJC
3:00 PM	LCCC vs WWCC	EWC vs CWC
4:00 PM	LCCC vs. CWC	NJC vs. WWCC

***Promotional Note – admission for this preseason scrimmage is free and open to the public

Site: RAC Building, LCCC Campus ★ 1400 E College Drive Cheyenne, WY 82007



Parking: Bus parking in the main parking lot to the East of the RAC Building.

Lockers: Locker rooms will be available upon arrival. We also have shower facilities for post game use. Towels will not be furnished.

Medical: The training room will open at least one hour prior to the earliest game and will remain open 30 minutes after the completion of the latest game. We have a full time athletic trainer available. If you have specific needs, please work them out with your athletic trainer ahead of time and have them contact our trainer at 307-778-1314.

Warm-up: Each team will get 5 minutes of net time with 10 minutes prior to the start of the hour for each team's first match. After each team has played once, no warm up will be given as teams should stay warm with the rolling schedule.

Contact head coach Austin Albers at 307-778-4339 if you have any additional questions.

